

August Grilling Packets

Grilling foil bundles is the secret to creating moist and flavorful chicken, fish and veggies.

****Recipes are adapted from eatbetteramerica.com****

Time Saver: Instead of making foil packets, try the new heavy-duty foil bags made especially for grilling.

Halibut Packets Vera Cruz 4 servings



Prep Time: 10 min

Start to Finish: 30 min

4 small halibut steaks, 3/4 inch thick (about 1 1/2 lb)
1 tablespoon olive or canola oil
1/4 teaspoon salt
1/2 teaspoon ground cumin
1 cup green salsa (salsa verde)
1/2 cup fresh corn kernels or frozen whole kernel corn
1 small tomato, seeded and chopped (1/2 cup)
1 ripe avocado, pitted, peeled and chopped (*needed at the time of serving*)

Prep Day: Cut four 18x12-inch pieces of heavy-duty foil; spray half of one side of each piece with cooking spray. Brush halibut lightly with oil. Sprinkle with salt and cumin. On sprayed side of each foil piece, place halibut. In small bowl, mix salsa, corn and tomato; spoon onto halibut. Fold foil over halibut and salsa mixture so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Pack in 1 or 2 gallon freezer bags and freeze.

Serve Day: Thaw completely. Heat coals or gas grill for direct heat. Cover and grill packets over medium heat 10 to 15 minutes, rotating packets 1/2 turn after 5 minutes, until halibut flakes easily with fork. Place packets on plates. Cut large X across top of each packet; fold back foil. Sprinkle with avocado.

Pineapple-Chicken Kabob Packets

4 servings



Prep Time:20 min

Start to Finish:40 min

- 1/3 cup pineapple or orange marmalade preserves
- 2 tablespoons packed brown sugar
- 1 tablespoon soy sauce
- 1/4 teaspoon crushed red pepper
- 4 boneless skinless chicken breasts, cut into 2-inch cubes (1 lb)
- 1 medium red bell pepper, cut into 1 1/2-inch cubes
- 1 medium green bell pepper, cut into 1 1/2-inch cubes
- 1 cup pineapple chunks
- 1/4 teaspoon salt

Prep Day: In small bowl, stir together pineapple or orange preserves, brown sugar, soy sauce and crushed red pepper. Cut 4 (24x12-inch) sheets of heavy-duty foil. Divide chicken, bell peppers, pineapple chunks and pineapple preserves mixture among foil sheets. Sprinkle with salt. Bring up 2 sides of foil so edges meet. Seal edges, making tight 1/2-inch fold; fold again, allowing space for heat circulation and expansion. Fold other sides to seal. Pack in 1 or 2 gallon freezer bags and freeze.

Serve Day: Thaw completely. Heat gas or charcoal grill. Place packets on grill over medium heat. Cover grill; cook 6 minutes. Using tongs, carefully turn packets over, taking care not to puncture foil. Cook 10 to 12 minutes longer or until chicken is no longer pink in center and vegetables are crisp-tender.

Grilled Pesto Chicken Packets

4 servings



Prep Time: 15 min

Start to Finish: 40 min

- 4 boneless skinless chicken breast halves (1 1/4 pounds)
- 8 roma (plum) tomatoes, cut into 1/2 inch slices
- 4 small zucchini, cut into 1/2-inch slices
- 1/4 cup basil pesto (you can buy in a jar)

Prep Day: Tear off four 18x12-inch sheets of heavy-duty aluminum foil. Place 1 chicken breast half, 2 sliced tomatoes and 1 sliced zucchini on one side of four 18x12-inch sheets of heavy-duty aluminum foil. Spoon 1 tablespoon pesto over chicken mixture on each sheet. 2. Fold foil over chicken and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Pack in 1 or 2 gallon freezer bags and freeze.

Serve Day: Thaw completely. Heat coals or gas grill for direct heat. . Cover and grill packets 4 to 5 inches from medium heat 20 to 25 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut. Place packets on plates. Cut large X across top of packet; fold back foil.

Spanish Chicken Supper

6 servings



- 3 medium unpeeled baking potatoes, cut into 1/2-inch cubes (4 cups)
- 2 medium green or red bell peppers, chopped (2 cups)
- 1 large onion, coarsely chopped (1 cup)
- 1 large pimiento-stuffed olives, coarsely chopped
- 1 can (14.5 oz) diced tomatoes with roasted garlic, undrained
- 1 tablespoon all-purpose flour
- 3 teaspoons chili powder
- 1 teaspoon salt
- 1 1/2 lb chicken breast tenders (not breaded)

Kitchen Tips: If you can't find the tomatoes with roasted garlic, use plain diced tomatoes and add 2 cloves of chopped regular or roasted garlic. To make your own foil bag, cut two 18x15-inch pieces of heavy-duty foil. Layer food on one piece, then cover with remaining piece and tightly seal.

Prep Day: Tear off four 18x15-inch sheets of heavy-duty aluminum foil. In large bowl, mix potatoes, bell peppers, onion, olives and tomatoes. Stir in flour, 2 teaspoons of the chili powder and 1/2 teaspoon of the salt. Spoon mixture into large heavy-duty foil bag. 2. Sprinkle remaining 1 teaspoon chili powder and 1/2 teaspoon salt over chicken. Arrange chicken on top of vegetables. Double-fold open end of bag. Slide foil bag onto cookie sheet to freeze. Once frozen pack in 1 or 2 gallon freezer bags and return freeze.

Serve Day: Thaw completely. Heat coals or gas grill for direct heat. Slide foil bag onto cookie sheet to carry to grill. 3. Slide foil bag onto grill. Cover and grill over medium-high heat 30 to 35 minutes, rotating bag 1/2 turn after 15 minutes, until potatoes are tender and chicken is no longer pink in center.

Sweet-and-Sour Chicken Packets

2 servings



Prep Time:30 min

Start to Finish:30 min

- 2 boneless skinless chicken breasts (5 oz each)
- 1/4 cup sweet-and-sour sauce
- 1 can (8 ounces) pineapple chunks, drained
- 1/2 medium bell pepper, cut into strips
- 1/4 small onion, cut into small wedges
- 1/4 cup chow mein noodles, if desired

Prep Day: Cut two 18x12-inch pieces of heavy-duty foil. Spray with cooking spray. Place 1 chicken breast on one side of each foil piece. Top each with 1 tablespoon sweet-and-sour sauce and half of the pineapple, bell pepper and onion. Top with remaining sauce. 2. Fold foil over chicken and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Pack in 1 gallon freezer bag and freeze.

Serve Day: Thaw completely. Heat gas or charcoal grill. 3. Cover and grill packets over medium heat 12 to 18 minutes or until juice of chicken is clear when center of thickest part is cut (170°F). Place packets on plates. Cut large X across top of each packet; fold back foil. Top with noodles.

Grilled Chicken and Vegetables Packets

4 servings



Prep Time:10 min

Start to Finish:35 min

- 4 boneless, skinless chicken breasts (about 1 1/4 lb)
- 2 green and/or red bell peppers, cut into strips
- 1 lb red potatoes, thinly sliced
- 1/4 cup barbecue sauce
- 1 tablespoon orange juice
- 1/4 teaspoon salt
- 1/4 teaspoon cracked black pepper
- 1/8 teaspoon ground red pepper (cayenne)

Prep Day: Tear 12-inch by 18-inch pieces of foil. Place each chicken breast in center of a 12-inch by 18-inch piece of foil. Divide bell peppers and potatoes evenly over chicken breasts. In small bowl, stir together barbecue sauce, orange juice, salt, black pepper and red pepper. Evenly drizzle over chicken and vegetables. Bring up 2 long sides of each piece of foil and double-fold with a 1-inch wide fold. Double-fold each end to form a packet. Pack in 1 or 2 gallon freezer bags and freeze.

Serve Day: Thaw completely. Spray unheated grill rack with cooking spray. Heat coals or gas grill for direct heat. 5. Place packets, seam side up, on rack. Cover and grill packets 4 to 6 inches from medium heat 20 to 25 minutes or until vegetables are tender and instant-read thermometer inserted in the thickest portion of breast reads 160°F and juices run clear. Place packets on plates. Cut a large X across top of packet; fold back foil.

Grilled Lemon Pepper Halibut and Squash Packets

4 servings



Prep Time: 15 min

Start to Finish: 30 min

Prep Day: Cut four 18x12-inch pieces of heavy-duty foil; spray with cooking spray. Cut fish into 4 serving pieces if necessary. Place 1 fish piece on each foil piece. Sprinkle fish with 1 teaspoon of the basil, 1/2 teaspoon of the lemon pepper and 1/2 teaspoon of the seasoned salt. Arrange zucchini and bell pepper over fish. Sprinkle with remaining basil, lemon pepper and seasoned salt. Drizzle with oil. Fold foil over fish and vegetables so edges meet. Seal edges, making tight 1/2-inch fold; fold again. Allow space on sides for circulation and expansion. Pack in 1 or 2 gallon freezer bags and freeze.

Serve Day: Thaw completely. Heat coals or gas grill for direct heat. Cover and grill packets over medium heat 15 to 20 minutes or until fish flakes with fork and vegetables are tender. Place packets on plates. Cut large X across top of each packet; fold back foil.